

from the kitchen

By Joan Pinkham

Gasless weekends may see us all under nouse arrest this summer. Gardens that thrive while we're usually off on vacation, will receive TLC as we're forced to stay home and watch the grass grow.

NEW POTATOES, GREEN BEANS IN CREAM

In a kettle blanch 1 1/2 pds. green beans in boiling salted water to cover for 6 to 7 min.

Town Meeting

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ticular interest were Articles 65 and 71 which concerned zoning area regulation changes in the Downtown Business and Highway Business districts. These, especially Article 71 which has met with attack from merchants along Route 3A, were expected to be the most controversial issues of the meeting.

It was asked if the two articles not passing with a two-thirds majority in April needed a stronger vote in case the town budget wasn't in compliance with the state's four per cent tax cap.

Town Accountant William Signorelli said the town is \$108,728 under the four per cent limit for the year, and that even if all the other costs requested of the town but which weren't considered had been counted in the total, the four per cent limit would still not be exceeded.

Drain in a colander, trim ends and cut into 1" pieces. In saucepan, cook 2 pds. new potatoes, scrubbed, in boiling salted water to cover to 20 to 25 min., or until tender and drain. In large skillet melt 1/2 stick, or 1/4 c. butter over moderately high heat and add 3 T sliced scallions and the beans, tossing to coat them. Pour in 1 1/2 c. heavy cream and simmer the mixture until the cream is reduced and thickened. Cut potatoes into 1/2" slices and add to bean mixture. Toss potatoes gently and cook for 3 to 5 min., or until they're heated through. Season vegetables with salt and pepper to taste.

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Idling away one's vacation in a hot car while waiting a turn at the gas pump make us think twice before venturing

out. Instead of running to the store quite so often, we'll have to plan ahead and here's where a freezer comes in handy. Did you know that any food that comes in a can, can be frozen? Even mashed bananas can go into the freezer. So can seafoods Dad has snagged from a nearby pier and leftovers, casseroles, baby foods and cheese. Cheddar cheese may crumble, but pimento cheese freezes well. Frozen milk will keep up to four months without losing nutritive value. Frozen food that has thawed can be refrozen if it was thawed in the refrigerator, or if it was cooked an immediately refrozen.

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Just to break the monotony of swinging in the backyard hammock, have the neighbors walk over for a get-together.

Who knows, they too may be tired of being confined to quarters. Sooner or later, there'll be a return invitation and you'll have a nice thing going. Here is a recipe from Candy Kruger designed to feed four adults. However, you can double it and freeze it for a quick meal with wine and hot rolls. To double, increase green beans to three pounds and double all other ingredients. Make your meat balls two inches in diameter rather than one. This favorite summer meal has been dubbed:

MOM KRUGER'S VEGETABLE CASSEROLE

1 lb. fresh string beans cut in 1" pieces
2 med. onions peeled, sliced
3 large tomatoes peeled, sliced
3 green peppers
Add anything else from

garden like mushrooms, okra, zucchini.

1/2 c. fresh parsley, or 3 T prepared
1/4 c. olive oil
2 tsp. salt
2 tsp. Accent
1/4 tsp. oregano
2 1/2 tsp. sugar

Place in greased casserole, or crockpot. Bake in 250 degree oven for 3 hours or in slow cooker til beans are almost tender. Make 1" meatballs as follows:

1 1/2 lb. ground beef
2 tsp. salt
Dash pepper

1/2 tsp. oregano, or marjoram
Make into walnut size meatballs. Add to vegetables and cook until browned. This recipe may also be prepared in a pressure cooker, giving you a choice of three methods of cooking: crockpot, oven or pressure cooker.

Mariner Drop Spot

The Cohasset Mariner office is now located at 541 Plain St. in Marshfield. Telephone messages can be left for the staff by calling 837-3500 or 837-5625. A Scituate exchange number will be available soon so calls can be made without a toll charge.

A drop-off station for press releases, photos, letters and other information has been established at Cohasset Colonial Pharmacy on South Main Street. Mariner staff members will make frequent pickups.

Box 71 in Cohasset is still our mailing address.

BERT'S half fare

a summertime super saver

STARTING JULY 2 — every time you have lunch or dinner at either of Bert's restaurants, Bert's Oceanside in Plymouth, or Bert's Harborside in Hingham, you'll receive a special RETURN TRIP TICKET entitling you to 50% OFF on lunch or dinner* items at Bert's when accompanied by someone paying full price.

RETURN TRIP TICKETS will be redeemable starting September 15. It's just as simple as that. No gimmicks, no surprises. And you have your choice of menu too!

With each lunch or dinner at Bert's, you receive your RETURN TRIP TICKET, each ticket is good for lunch or dinner, and you can redeem your tickets anytime from September 15 thru Dec. 31, 1979.**

Don't miss out on Bert's Half Fare RETURN TRIP TICKETS for lunch and dinner!

* Complete meal items ticket does not include alcoholic beverages.

**Excluding Thanksgiving and New Year's Eve.



Oceanside in Plymouth
Harborside in Hingham